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cond. a water-soluble polymer, and water, and a polishing method making use of this polishing medium. Also, it is preferable that the water-soluble polymer has a weight-average molecular weight of 500 or more and the polishing medium has a coefficient of kinetic friction of 0.25 or more, a Ubbelode's viscosity of from 0.95 mPa's (0.95 cP) to 1.5 mPa's (1.5 cP) and a point-of-inflection pressure of 5 kPa (50 gf/cm²).
